



# **Kingsport Senior Center News**

**JULY 2011**

**Volume XXV Edition 7**

**1200 East Center Street**

**Kingsport, Tennessee 37660**

**Friends of Kingsport Senior Center**

## **Semi-Formal Dinner/Dance With "Kids Our Age" Plus Line Dancing**

**Saturday,  
August 20th  
5:30 p.m. - 10:00 p.m.  
at the Greater  
Kingsport Boys &  
Girls Club  
1 Positive Place,  
Kingsport**



**\$20 per person  
Tickets go on sale  
July 11th and may  
be purchased from  
a member of the  
Friends of the  
Kingsport Senior  
Center. Meal  
served at  
6:45 p.m.**



**Food and Band Sponsored by  
Hamlett-Dobson**

# CENTER NEWS

## Open Door Policy

The Kingsport Senior Center has an open-door policy and the staff is always willing to accept suggestions, comments, and questions from members.

## Kingsport Senior Center Refund Policy

The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior Center, turned in to the Finance Department and checks are issued. Please allow at least three weeks for processing. A receipt must accompany the request for a refund

**The Kingsport Senior Center is located at  
1200 E. Center Street at the Renaissance Center.**

**For more information call the Center at (423) 392-8400  
<http://seniors.kingsporttn.gov>**

### Center Hours

**Monday thru Friday 8:00 am ~ 7:00 pm**

**Saturday 9:00 am ~ Noon**

**See branch site page for more information**

**\*The exercise room & computer lab will close  
15 minutes prior to the closing of the Center.**

**Closings: Saturday, July 2, 2011  
and Monday, July 4, 2011**

**Membership Dues  
for Fiscal Year  
July 1, 2011-June 30, 2012**

**\$15 ~ Kingsport Residents  
\$35 ~ Sullivan County Residents  
\$60 ~ Out-of-County Residents**

## Kingsport Senior Center Staff

Director ~ Shirley Buchanan  
[buchanans@ci.kingsport.tn.us](mailto:buchanans@ci.kingsport.tn.us)  
423-392-8403

Branch Coordinator  
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Wellness Coordinator ~ Kevin Lytle  
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Program Leader  
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Program Assistant ~ Jane Whitson  
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423-392-8406

Nutrition Site Manager ~ Sona Bingham  
423-246-8060

# WELLNESS

## K-Mets Baseball Game

We will depart the Center **Friday, July 1, 2011** at 3:30 pm for a K-Mets vs Elizabethton Twins baseball game. Dinner is on your own at the Lone Star Steakhouse Restaurant. Cost of bus/van is \$5.00 payable when you sign up and \$3.00 fee for the game payable at the gate. Sign ups start on Wednesday, June 1, 2011.

## WELLNESS SEMINAR

**Acupuncture:** Jenna Hayworth, L.Ac. with Tri-Cities Acupuncture & Wellness will at the Center on **Tuesday, August 9, 2011** at 12:15 pm in the Card Room. Topic of discussion will be "Introduction to Acupuncture & Chinese Herbal Medicine".

Acupuncture is effective in the treatment of a variety of health conditions, including:

- |                  |                           |
|------------------|---------------------------|
| *Anxiety         | *Indigestion              |
| *Arthritis       | *Irritable Bowel Syndrome |
| *Chronic Fatigue | *Menopause Syndrome       |
| *Common Cold     | *Menstrual Disorders      |
| *Depression      | *Nausea                   |
| *Fertility       | *Pain                     |
| *Fibromyalgia    | *PMS                      |
| *Headache        | *Sleep Disturbances       |
| *Hypertension    | *Stress                   |

For more information visit: [www.tricitiesacupuncture.com](http://www.tricitiesacupuncture.com)  
All members are invited and we hope to see you there.

## BERRY YOUR BP

Berries are more than just summer treats: ***Blueberries and strawberries may help prevent high blood pressure.*** In a new Harvard study, people who consumed the most anthocyanins—found in high amounts in these berries—had a 12 percent lower risk of developing hypertension than those who consumed the least.

## EAT UP DRINK UP?

Score another point for red wine: ***Ten ounces (about two glasses) of red wine after a fatty meal may shield your heart from the meal's adverse effects,*** say's Italian scientists. Red wine reduces the postmeal rise of cholesterol oxidation products in the blood, which are linked to heart disease. Less wine may still provide the benefits.

## LOSE MORE SLOWLY

If you lose weight too fast, you also lose the muscle you need to burn calories at rest. ***The ideal rate of weight loss is about 1 pound a week,*** a Norwegian study reveals. Male athletes who lost a pound a week built lean muscle mass, while those who lost nearly 2 pounds a week didn't.

## White Water Rafting

Come join us for a day of White Water Rafting on the Upper Pigeon River. We will depart the Center at 8:30 am on **Tuesday, August 23, 2011.** Cost of transportation is \$5.00 per person payable when you sign up. The rental fee for rafting is \$28.00 each (cash only) payable before we depart. Please bring the correct amount, we will not have any change. We need a minimum of 16 to sign up in order for trip to go. Lunch is on your own at Ruby Tuesday's. We will White Water Raft the Upper Pigeon River which offers 60 plus rapids that include class III and IV whitewater. Be sure to bring a change of cloth's, shoes, and a towel for after the trip; you will get wet! Foot protection is required, you will need old shoes or sandal's that go around your ankle. **NOTE:** Flip flops are not allowed on the river. Sign up start July 13, 2011. If you have any questions see Kevin.

## Fit Test

We will be doing a fitness test on **Wednesday, August 31, 2011** from 9:00 am to 10:00 am in Kevin's office. We will test Body Fat%, Flexibility, Strength, and Weight using the 350 Body Composition Analyzer. Also your blood pressure will be taken. If you plan to participate in this event see Kevin to fill out some paper work and sign up for the test. All members are invited and we hope to see you there.



## Senior Olympics - 5/26/2011

Charles Shelton and Nancy Hale won gold medals in Table Tennis (mixed doubles) at the First District Senior Olympics



# TRAVEL AND SPECIAL EVENTS

**Chinese Cooking Demo** ~ Tuesday, July 19, 2011 ~ 12:15p.m. - 2p.m. ~ Location: Cafeteria. Cost: Free. **Sign-up began:** June 20, 2011.

**Senior Games Breakfast** ~ Tuesday, July 19, 2011 ~ 9:00a.m. - 11:00a.m. ~ Location: Cafeteria. Cost: Free.

**Card Making with Chalk Pencils** ~ Wednesday, July 20, 2011 ~ 9:00a.m. - 1:00p.m. ~ Location: Room 303. Cost: \$10.00 paid to instructor. **Sign-up began:** June 20, 2011.

**"Eating Healthy on a Budget"** ~ Wednesday, July 20, 2011 ~ 12:15 p.m. - 1:15 p.m. ~ Location: Card room. Cost: Free. **Sign-up began :** June 20, 2011.

**Stacy Makes Cents "Couponing and Cost Saving Tips"** ~ Wednesday, July 20, 2011 ~ 10:00a.m. - 11:30 a.m. ~ Location: Card room. Cost: Free. **Sign-up began:** June 20, 2011.

**"Dandy Don's Cowboy and Western Show"** ~ Thursday, July 21, 2011 ~ 10:00a.m. - Noon ~ Location: Theater. Cost: Free.

**Dance Showcase** ~ Thursday, July 21, 2011 ~ 12:15p.m. - 2:00p.m. ~ Location: Stage. Cost: Free. Dessert at 2:00p.m.

**"How to Stop Smoking"** ~ Thursday, July 21, 2011 ~ 1:00p.m. - 2:00p.m. ~ Location: Card room. Cost: Free.

**OTLB Ridgewood Barbecue, Bluff City, TN** ~ Friday, July 29, 2011 ~ 10:15a.m. ~ Cost: \$5.00. **Sign-up begins:** July 6, 2011.

**"Pearl" Jewelry Class** ~ Saturday, July 30, 2011 ~ 9:00a.m. - Noon ~ Location: Room 303. Cost: \$25.00 paid to instructor. **Sign-up begins:** July 1, 2011.

**OTLB The Farmer's Daughter** ~ Chuckey, TN ~ Friday, August 12, 2011 ~ 10:45a.m. - 3:30p.m. ~ Cost: \$5.00 Transportation. Lunch is on your own. **Sign-up begins:** July 8, 2011.

**Five Oaks Shopping Trip** ~ Sevierville, TN ~ Tuesday, August 30, 2011 ~ 9:00a.m. - 5:30p.m. ~ Cost: \$5.00. **Sign-up begins:** July 7, 2011.



## Flat Rock Playhouse

Flat Rock, NC

Wednesday, August 3, 2011

\$39.00 Tickets/Transportation

Lunch on your own at Cracker Barrel

Sign-Up Began: June 3, 2011



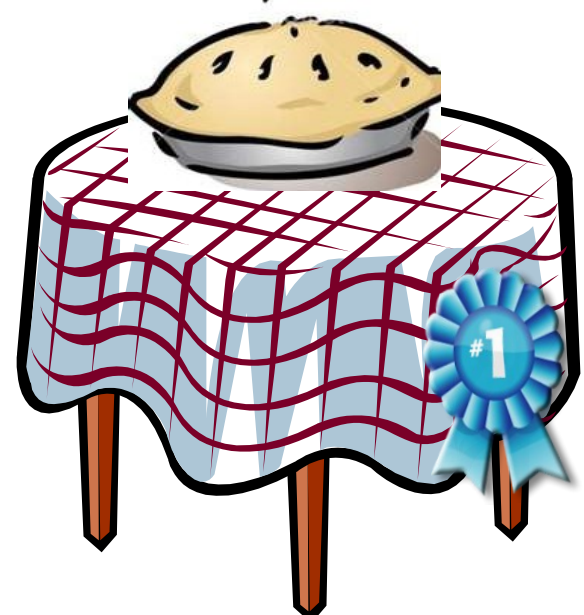
## Peach Pie Contest

Friday, July 22, 2011

12:15p.m.

Cafeteria

Sign ups began June 23rd



Sign-Up Began: June 23, 2011

# TRAVEL AND SPECIAL EVENTS

## Knoxville Museum of Art



Friday, August 5, 2011  
9:45 a.m. - 4:30 p.m.  
\$8.00

**Sign-Up Begins:** July 7, 2011

Special exhibits from Korean artist Kwang-Young Chun including large wall reliefs, two monumental sculptures and complex works with intricate surfaces. Lunch is on your own at Mimi's Café.

**OTLB**



### The Farmer's Daughter

Chuckey, TN  
Friday, August 12, 2011  
10:45 a.m.  
\$5.00 Transportation  
Check or Cash Only Please!  
**Sign-Up Begins:** July 8, 2011

## Lookout



### UPCOMING EVENTS:

"Buddy - The Buddy Holly Story" - Flat Rock, NC  
Five Oaks Shopping Trip - Sevierville, TN  
Rocky Mount Museum - Piney Flats, TN  
"Hello Dolly" - Wohlfahrt Haus  
"Cabaret" - Barter Theatre  
"The Road to Appomattox" - Barter Theatre  
West Towne Mall Shopping Trip - Knoxville, TN  
Cirque de Chine - Sevierville, TN

Lynn View Community Center

## BLOCK PARTY

Thursday, July 14, 2011  
6:00p.m. - 9:00p.m.

**Free Food!**  
**Live DJ!**

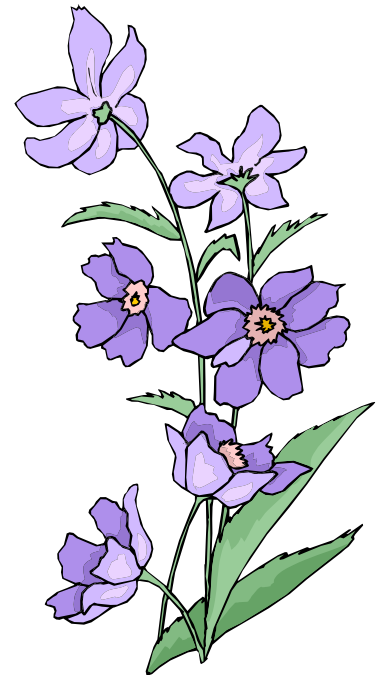
**Corn Hole Tournament and Much More!**  
**Volunteers Needed**  
**Please Call Stan 765 - 0134**





# TRAVEL AND SPECIAL EVENTS

## May Visit to Mountain Farm in Burnsville, NC



## ***"The Catawba Queen"***



## **Sightseeing Tour & Lunch on Lake Norman**

Mooreville, NC

Friday, August 19, 2011

8:30a.m. - 6:00p.m.

\$27.00 Lunch/Cruise/Transportation

**Sign-Up Begins: July 8, 2011**

Enjoy the beauty of Lake Norman aboard "The Catawba Queen" for a relaxing lunch and sightseeing cruise. Price is all-inclusive.

## **MENU**

Sliced Ham W/ Lettuce and Tomato

Sliced Turkey W/ Lettuce and Tomato

Chicken Salad W/ Lettuce and Tomato

2 Hot Dogs with Mustard, Ketchup, Relish

BBQ Sandwich W/Coleslaw

All Plates are served with cookies, chips and pickles, as well as coffee, tea and water. Full-service cash bar will also be available.



# TRAVEL AND SPECIAL EVENTS



**Senior Fest 2011**  
**Friday, July 8, 2011**  
**Front Parking Lot**  
**5:00p.m. - 9:00p.m.**

**Featuring:**  
**\*Daisi Rain\***  
**Music! Food! Fun!**

**Please Bring a Canned Food Item**  
**for Second Harvest Food Bank.**

## **FOLKMOOT USA**

Flat Rock, NC  
Wednesday, July 27, 2011  
9:15a.m. - 6:30p.m.  
\$28.00

Sign-Up Began: June 7, 2011

A celebration of the world's cultural heritage through dance and music, located in the beautiful mountains of North Carolina. Parades, performances and workshops by up to 350 performers from 6 different countries.

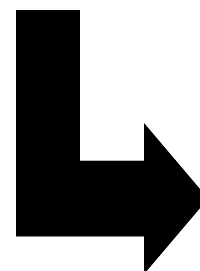


## **"Senior Moments Challenge"** Atrium

We are looking for some people who like to have fun!

On Friday, July 8, from 5:00 to 7:00 p.m., during the Block Party, we will have the "Senior Moments Challenge", which is based on the TV show "Minute to Win It".

There will be seven challenges for two age groups: 50—64 and 65 and up. Prizes will be awarded at 8:00p.m. to the three winners in each age group. Sign up early outside the office and try your luck at Corn Hole, Bouncing Balloons, Hand Full, Egg-sactly, Falling Cups, Balls in a Box and Stacking Cups.



Wohlfahrt Haus  
Wytheville, VA  
Thursday, August 25, 2011  
\$41.00 Ticket/ Transportation  
9:45a.m. - 6:00p.m.

Sign-Up Began: June 24, 2011

Experience the life and music of Johnny Cash, the legendary "Man in Black".

# Senior Fest July 18 - 22



The Fun Begins at  
**5**

Kingsport Senior Center  
[www.kptseniors.com](http://www.kptseniors.com)



## Block Party Featuring:



**July 8th**

**5:00 - 9:00 p.m.**

**"Senior Moments Challenge"**  
based on the TV show  
**"Minute to Win It!"**

**Free Admission**

**\*Please bring a canned good for  
Second Harvest Food Bank**





**Membership costs:**  
**City Residents \$15.00**  
**Sullivan County Residents \$35.00**  
**Other County Residents \$60.00**  
**Fiscal Year: July 1, 2011—June 30, 2012**  
**Adults 50+ are invited to join the**  
**Kingsport Senior Center.**  
**The Best Kept Secret in Town!**

Tours of the Kingsport Senior Center are available daily during Senior Fest from 9a.m.-2p.m. Please stop by the front hallway for your tour!

**\*\*DOOR PRIZES WILL BE DRAWN EACH DAY AT  
2PM IN THE ATRIUM.**

**(You don't have to be present to win.)**

**We are accepting canned food donations for  
Second Harvest Food Bank , collection containers  
are located in front hallway.**



## **Monday, July 18**

**Biscuits for first 100 participants provided by Friends of the Senior Center  
(Outside Office Hallway)**

**8:30a.m. & 9:15a.m. ~ Aerobic Demonstrations (Gym)**

**9:00a.m. to Noon ~ Piano Music by Freda (Atrium)**

**9:00a.m. ~ Clay Open House (Ceramic/Clay Room)**

**9:00a.m. ~ Quilt Show, Current quilt class participants (Multipurpose Room)**

**9:30a.m. ~ Cooking Demo (Senior Center Lounge)**

**10:30a.m. ~ Decorating on a Budget (Card Room)**

**Noon ~ Bingo by the Villages at Allendale (Cafeteria)**

**1:00p.m. ~ Happy Day Singers Performance (Cafeteria)**

**1:00p.m. ~ Table Tennis Demo**

**1:00p.m. ~ Face Race Game (Computer Lab) 1st Prize: "Bring a Friend" Annual Pass to Mystery of Natural History Museum (\$40 value) and a \$10 Wal-Mart gift card.**

**2:00p.m. ~ Door Prizes, Refreshments. Ice cream sandwiches provided by The Villages at Allendale.**



### **VENDORS**

**Senior Citizens Services**

**First Kingsport Credit Union**

**Life Care Center of Gray**

**Primary Residential Mortgage, Inc.**

**The Villages at Allendale**

**Re-Bath**



### **ALL DAY EVENTS**

**Exercise Room, Billiards (Pool Room)**

**Play the Wii (Ceramics Room Hallway)**

**Meet Vendors (Hallways)**

**Horseshoes (Back Lawn)**

**Computer Lab Open House ~ 9:00a.m. - 1:00p.m.**

**Intro to Genealogy Club ~ 10:00a.m. - 1:00p.m. (Computer Lab)**





## **Tuesday, July 19**

**Mini Muffins for the First 50 participants\***

**\*Provided by Perkins**

**8:30a.m. ~ Tai-Chi Demo (Front Lawn)**

**9:00a.m. ~ Ceramics Open House (Ceramics Room)**

**9:00a.m. ~ Basket Making (Room 303) Basket weaving demo by class.**

**9:30a.m. ~ Make and Take crafts Sponsored by Asbury Place of Kingsport  
(Pool Room Hallway)**

**9:30a.m. ~ Strength Training Demo (Gym)**

**10:00a.m. ~ Renaissance Strings Performance (Atrium)**

**10:15a.m. ~ Sing-Along (Cafeteria)**

**12:15p.m. ~ Chinese Cooking Demo (Cafeteria)**

**1:00p.m. ~ Shuffleboard Demo (Ceramic Room Hallway)**

**1:00p.m. ~ Pickleball Demo (Gym)**

**2:00p.m. ~ Door Prizes, Refreshments (Atrium) Provided by Emeritus at Kingsport.**

### **VENDORS:**

**Windsor Health Plan, Inc.**

**Re-Bath**

### **ALL DAY EVENTS:**

**Exercise Room, Billiards (Pool Room)**

**Play the Wii (Ceramics Room Hallway)**

**Meet Vendors (Hallways)**

**Computer Lab Open House 9:00a.m. to 1:00p.m.**

**Learn about the Good Neighbors Program (Pool Room Hallway)**



## **Wednesday, July 20**

8:30a.m. ~ Senior Games Breakfast Sponsored by Health South (Cafeteria)  
8:30a.m. & 9:15a.m. ~ Aerobics Demo (Gym)  
9:00a.m. ~ Piano Music by Freda (Atrium)  
9:00a.m. ~ Card Making with Chalk Pencils, Sign-Up by July 13 (Room 303)  
9:00A.M. ~ Clay Open House (Ceramics Room)  
10:00a.m. ~ Stacy Makes Cents "Coupons and Cost Saving Tips" (Card Room)  
10:15a.m. ~ Strength Training Demo (Gym)  
10:30a.m. ~ Pennywhistle Demo (Room 303)  
11:15a.m. ~ Clogging Demo (Room 302)  
12:15p.m. ~ "Eating Healthy on a Budget" by Food City (Atrium)  
12:30p.m. ~ Hand and Foot Card Game Demo (Card Room)  
1:00p.m. ~ Hand and Foot Card Demo (Card Room)  
1:00P.M. ~ Table Tennis Demo (Gym)  
1:00p.m. ~ Geography Challenge (Computer Lab) Test your geography knowledge! Sign-up in office.  
1st Prize: Senior "Bring a Friend" Annual Pass Mystery of Natural History Museum(\$40 Value) and Wal-Mart gift card.  
2:00p.m. ~ Door Prizes and TCBY Vanilla/Chocolate Frozen Yogurt (Atrium)

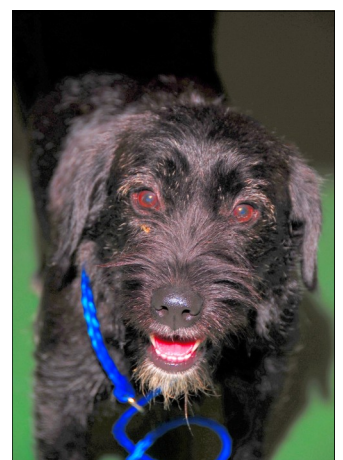


**VENDORS:**  
In Home Care Services  
Re-Bath



### **ALL DAY EVENTS:**

Exercise Room, Billiards, Play the Wii (Ceramic Room Hallway), Meet Vendors (Hallway), Play Horseshoes (Back Lawn), Learn about the Good Neighbors Program (Pool Room Hallway), Intro to Genealogy Club (Computer Lab), Computer Lab Open House (9:00a.m. to 1:00p.m.)





## **Thursday, July 21**

**9:00a.m. ~ Arts and Crafts Show (Hallway)**

**9:00a.m. ~ Wood Carving Demo (Room 303)**

**9:00a.m. Ceramic Open House (Ceramics Room)**

**10:00a.m. Dandy Don's Cowboy and Western Show (Theater)**

**Noon ~ Jam Session (Cafeteria)**

**12:15p.m. ~ Dance Extravaganza (Theater)**

**1:00p.m. ~ "How to Stop Smoking" Presentation with Dr. Cody**

**Refreshments Provided by Seventh Day Adventist Church, Prepared by Women of the Church (Card Room).**

**1:00p.m. ~ Volleyball Demo (Gym)**

**2:00p.m. ~ Door Prizes and Refreshments**

**Cupcakes Provided by Baby Cakes and Ugly Cupcakes.**



### **VENDORS**

**Amedysis**

**Life Care Center of Gray**

**Re-Bath**



### **ALL DAY EVENTS:**

**Billiards (Pool Room), Play the Wii (Ceramics Room Hallway), Meet Vendors (Hallway), Play Horseshoes (Back Lawn), Learn about the Good Neighbors Program (Pool Room Hallway), Computer Lab Open House 9:00a.m. to 1:00p.m., Intro to Genealogy Club (Computer Lab) 10:00a.m. to 1:00p.m.**



## Friday, July 22

**Bojangle's Bo Berry Biscuit for the first 50 participants!**

**8:30a.m. ~ Cake Walk (Cafeteria)**

**8:30a.m. & 9:15a.m. Aerobics Demo (Gym)**

**9:00a.m. ~ Piano Music by Freda (Atrium)**

**9:30 a.m. ~ Journey's End No Kill Animal Shelter, a Non-Profit Organization Dedicated to the Rescue, Rehabilitation and Placement of Animals into a Forever Home. (Atrium)**

**10:30a.m. ~ Strength Training Demo (Gym)**

**Noon ~ Art Class Demo (Room 303)**

**12:15a.m. ~ Peach Pie Contest (Cafeteria)**

**1:00p.m. ~ Word Challenge (Computer Lab) Test your Skills with a Challenging Word Puzzle! 1st Prize: Senior "Bring a Friend" Annual Pass to Mystery of Natural History Museum, and \$10 gift card from Wal-Mart. Pre-registration required.**

**1:00p.m. ~ Zumba Demo (Cafeteria)**

**2:00p.m. ~ Door Prize Drawing and Banana Splits by the Yard! (First Floor Atrium) Sponsored by Life Care Center of Gray**



### VENDORS:

**Life Care Center of Gray  
Re-Bath**



### ALL DAY EVENTS:

**Exercise Room , Billiards (Pool Room), Intro to Genealogy Club (Computer Lab) 10:00a.m. to 1:00p.m.**

### **Cake Walk**





***Special Thanks to our Sponsors:***

**Friends of the Senior Center  
Eastman Credit Union  
Life Care Center of Gray  
First Kingsport Credit Union  
Senior Citizen Services  
Health South  
Food City  
Windsor Health Plan, Inc.  
Mystery of Natural History Museum  
PEPSI  
Care Central, Inc.  
Amedysis  
Comfort Keepers  
Re-Bath**

**Thanks to our Door Prize Sponsors!**



# DAILY ACTIVITIES AND CLASSES AT THE CENTER

## Monday ~

Aerobics ~ 8:30 & 9:15 ~ Gym  
Quilting ~ 9:00 ~ Room 303  
Camera Club ~ Go to [www.scphotogroup.com](http://www.scphotogroup.com)  
Happy Day Singers ~ 9:45 ~ Travel  
Strength Training ~ 10:15 ~ Gym  
Swimming ~ 10:30 - 11:30 a.m. DB Pool  
Table Tennis ~ 1:00 ~ Gym  
Volleyball ~ 4:00 ~ Gym

## Tuesday ~

Tai-chi ~ 8:30 ~ Room 310  
Mini Cardio ~ 8:45 ~ Room 302  
Ceramics ~ 9:00 ~ Ceramics/Clay Studio  
Strength Training ~ 9:30 ~ Gym  
Sing Along ~ 10:15 ~ Cafeteria  
Exercise for Everybody ~ 10:30 ~ Gym  
Swimming ~ 10:30 - 11:30 ~ DB Pool  
Good Neighbors ~ 12:15 ~ Lounge  
Shuffleboard ~ 1:00 ~ Ceramics Hallway  
Pickleball ~ 1:00 ~ Gym  
Piano Lessons ~ 1:30 ~ Multipurpose Room  
Basketball ~ 4:00 ~ Gym  
Ballroom Video Class ~ 4:30pm ~ Room 302

## Wednesday ~

Aerobics ~ 8:30 & 9:15 ~ Gym  
Strength Training ~ 10:15 ~ Gym  
Swimming ~ 10:30 - 11:30 ~ DB Pool  
\*Intermediate Clogging ~ 11:15 ~ Room 302  
Hand and Foot Card Game ~ 12:30 ~ Card Room  
Table Tennis ~ 1:00 ~ Gym  
\*Belly Dance ~ (Women's Only) ~ 1:30 ~ Room 302

## Thursday ~

Piano Lessons ~ 8:00 ~ Multipurpose Room  
Tai-chi ~ 8:30 ~ Room 310  
Mini Cardio ~ 8:45 ~ Room 302  
Ceramics ~ 9:00 ~ Ceramics/Clay Studio  
Woodcarving ~ 9:00 ~ Room 303  
Strength Training ~ 9:30 ~ Gym  
\*Beginning Clogging ~ 10:00 ~ Room 302  
Exercise for Everybody ~ 10:30 ~ Gym  
Swimming ~ 10:30 - 11:30 ~ DB Pool  
\*Beginning Belly Dance ~ 11:30 ~ Room 302 ( Women Only)  
Good Neighbors ~ 12:15 ~ Lounge  
Volleyball ~ 1:00 ~ Gym  
Pickleball ~ 4:00 ~ Gym

## Friday ~

Aerobics ~ 8:30 & 9:15 ~ Gym  
Genealogy Group ~ 9:00 ~ Computer Lab  
Massage Therapy ~ 9:45 ~ Multipurpose Room  
Strength Training ~ 10:15 ~ Gym  
Swimming ~ 12:00 - 1:00 ~ DB Pool  
Pickleball ~ 1:00 ~ Gym  
Bridge Group ~ 1:00 Card Room

## Saturday ~

Basketball ~ 9:00 ~ Gym  
Table Tennis ~ 10:30am ~ Gym

\* classes with asterisk end July 21st

**Beginning July 1, we have a new instructor for the 8:30a.m. aerobics class: Terri Bowling. Terri has a lot of experience teaching and conducts a fun, energetic class. Come give it a try!**





# NEWS TO USE

## **Are You a Retired Engineer?**

Are you a retired engineer? We would like to know.

The City Manager has asked us to help compile a list of all retired engineers living in the region. Please help us by stopping by the office and adding your name to the list.

Thank you in advance for your help with this.



Please note: The Senior Center will close at 4:30p.m. on July 15, and July 18 – 23 for FunFest activities.

## **WOODSHOP NEWS**

**Look for upcoming woodshop orientations to be announced in August.**

## **Computer Classes**

Microsoft Excel  
Computer Lab

1:00p.m. ~ July 5, 12

## **A TASTY TREAT FROM MARSHA**

### **Banana Pudding Squares**

35 Reduced Fat NILLA Wafers, finely crushed (about 1 1/4 cups)

1 1/4 cup margarine, melted

1 package (8oz.) cream cheese, softened

1/2 cup powdered sugar

1 tub (8 oz.) COOL WHIP Sugar Free Whipped Topping, thawed, divided

3 Bananas, sliced

2 pkg. (1 oz. each) JELL-O Vanilla Flavor Fat-Free Sugar-Free Instant Pudding

3 Cups cold fat-free milk

1/2 square Baker's Semi-Sweet Chocolate, grated

1. Mix wafer crumbs and margarine; press onto bottom of 13 X 9 inch dish. Refrigerate until ready to use.

2. Beat cream cheese and sugar in bowl with whisk until blended. Stir in 1-1/2 cups COOL WHIP; spread over crust. Top with bananas.

3. Beat pudding mixes and milk with whisk 2 minutes; spread over bananas. Top with remaining COOL WHIP and chocolate. Refrigerate 3 hours. 24 Servings.

Calories: 130 per serving.

Carb Choices: 1

Diet Exchange: 1 Starch + 1 Fat

Weight Watcher Points Plus Value: 3 points per serving



# YOUR PAGE

## **\*\*Volunteers Needed\*\***

The Kingsport Senior Center is beginning a Fire Prevention and Fall Prevention initiative with the Kingsport Fire Department. We are looking for a few volunteers who are willing to be trained to give the presentation to home - bound seniors. The requirement will be to give 5 presentations over the next 12 months.

Presentations take approximately 30 minutes. If you are interested please contact Cindy Price for more information at 392-8402

If you would like to volunteer for SeniorFest activities, please contact Michelle Tolbert at 392 -8404.



## **Just for Singles Fun Dinner**

July 14, 2011

Cafeteria

3:00p.m. - 5:00p.m.

No sign-up required; walk-ins welcome!

Please bring a covered dish.

## **Library Book Day**

Thursday, July 21, 2011

Time: 9-11 a.m.

Table in front of the Senior Center office.



## **Massage Therapy Appointments**

Fridays with Debra Defrieze  
30 minute massage \$15.00,  
call (423)791-4693

Schedule appointments by calling and pay  
massage therapist day of appointment.

## **Generations Online Internet Class**

Mondays, Wednesdays and Fridays

1:00 p.m. to 5:00 p.m.

This is an opportunity to learn how to use the internet, the lingo, how to use a mouse, send email and how to use a search engine. Class is free. Sessions are taught by a tutorial on the computer. A "peer coach" will be there to assist you. See "peer coach" during designated times to make arrangements to take class.





# SPRING 2011 BRANCH SITE CLASS SCHEDULE

## Lap Swimming

- M-F
- Time: Call office for times
- Location: Dobyngs-Bennett pool
- No instructor, lap swimming

## Line Dance - Beginning

- Monday
- Time: 11:30am - 12:30pm
- Location: Lynn View Cafeteria
- Instructor: Lyna Faye McConnell
- MUST WEAR SOFT-SOLED SHOES

## Line Dance - Intermediate

- Mondays
- Time: 12:45pm - 1:45pm
- Location: Lynn View Cafeteria
- Instructor: Lyna Faye McConnell
- Faster-paced, less instruction for advanced dancers.
- MUST WEAR SOFT-SOLED SHOES.

## Advanced Yoga

- Tuesdays & Thursdays
- Time: 11:00am - 11:30am
- Location: First Broad Street UMC, Rec. Room
- Instructor: Tish Kashdan

## Private Personal Training with Chris

- Call for appointment ~ 723-9967
- Call for prices
- Instructor: Chris Hicks

## Private Personal Training with Tony

- Call for appointment ~ 423-963-0653
- Call for Prices
- Instructor: Tony Mays

## Yoga

- Tuesdays & Thursdays
- Time: 11:30am - 12:30am
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

## Zumba Fitness

- Tuesdays & Fridays
- Time: 10:45am
- Location: Lynn View Community Center
- Instructor: Brooke Taylor
- Minimum of 8 students required

## Total Body Workout

- Class not meeting in July see August newsletter for updated class times
- Location: VO Dobbins Community Center Gym #2
- Instructor: Terri Bowling

## \*New\* Strength Training

- Tuesdays & Thursdays
- Time: 9:00am
- Location: Lynn View branch site
- Instructor: Chris Hicks
- Cost: FREE to members.
- Learn to properly use weight equipment to increase strength.
- Begins Thursday, June 2, 2011. 8 weeks

**\*You must be a member of the Kingsport Senior Center to participate in classes at any of the branch locations.**

**\*NEW TREADMILL\*  
Coming to Lynn View  
Branch Site Exercise Room  
Soon**

## Branch Site Locations

### Lynn View Community Center

257 Walker Street  
Kingsport, TN 37665  
(423) 765-0134

### First Broad United Methodist Church

100 E Church Circle  
Kingsport, TN 37660  
(423) 392-8402

### Boys & Girls Club

1 Positive Place  
Kingsport, TN 37662  
(423) 392-8402

### V. O. Dobbins Community Center

301 Louis Street  
Kingsport, TN 37660  
(423) 392-8402



## The Kingsport Artisan Center

**The Artisan Center at the Lynn View Branch is searching for artists and their work.**

**We are making plans to implement a new marketing strategy which will include signs, a website and other media advertising. If you are interested in selling your art at our Consignment Center, please email samples of your work along with a brief artists biography to [price@ci.kingsport.tn.us](mailto:price@ci.kingsport.tn.us) or call Cindy Price at 392-8402. It is not necessary to be a member of the Kingsport Senior Center, but you must be 50 years of age or older.**



## **It's Membership Renewal Time!**

Please stop by the Senior Center office to renew  
your membership for  
the **2011-2012** fiscal year.

\$15.00 ~ Kingsport Residents  
\$35.00 ~ Sullivan County Residents  
\$60.00 ~ Out-of-County Residents  
\$6.00 ~ Newsletter Mailed to Home  
No Payments Accepted Prior to July 1.

**Kingsport Senior Center  
1200 E. Center Street  
Kingsport, TN. 37660  
Phone: 423-392-8400**

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